

Bhagavad Gita

Vedic Society Hindu Temple,
Southampton



Prarthana

Aum Aum Aum

Aum Vasudevasutam Devam, Kansa Chanura Mardanam
Devaki Paramanandam, Krushnam Vande Jagadguru

Guru Brahma Guru Vishnu, Guru Devo Maheshvarah
Guru Sakshat Parabrahma, Tasmai Shri Gurave Namah

Aum Saha Navavatu Saha Nau Bhunaktu Saha Viryam Karavavahai
Tejasvina Vadhi Tamastu Maa Vidvishavahai
Aum Shanti Shanti Shantihi

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Revision Questions

What was the main teaching in Chapter 2 that Krishna passed to Arjuna?

- Indweller
- Atma gyana
- Do your duty
- Signs of Person in Steady Wisdom

Revision Questions

What is your understanding of Karma Yoga as taught by Shree Krishna?

- Selfless service
- Right Action in the Right Attitude
- Yagna Spirit
- Welfare of All
- No attachment to results

Revision Questions

Why is Shree Krishna said to be an avatar of Vishnu?

Krishna says he is

- All Knowing, Birthless, Imperishable, Lord of all beings
- He rules over Prakriti
- Controls Maya

Revision Questions

So far in Chapter 4 Shree Krishna has shown us 3 ways to Self-realisation. Can you describe these?

- Know Krishna in his true nature
- In the variety and diversity there is Oneness
- See inaction in action and action in inaction

Chapter 4

Consequences of being Self-realised

19. Acts without selfish desires and not attached to the fruits of action.
20. Active but ever-satisfied and independent.
21. No selfish desires, mind and intellect under control, renounces all proprietorship of possessions.
22. Content, free from pairs of opposites, does not compete, even-minded, not bound by actions.

Verse 4.23

gata-sangasya muktasya
jnanavasthita-cetasah
yajnayacaratah karma
samagram praviliyate



V4.23

Of one who is devoid of attachment, who is liberated,
whose mind is established in knowledge,
who acts for the sake of sacrifice, all his actions are dissolved.

Yagna (Havan)



Verse 4.24

brahmarpanam brahma havir
brahmagnau brahmana hutam
brahmaiva tena gantavyam
brahma-karma-samadhina



V4.24

Brahman is the oblation;
Brahman is the clarified butter, etc., constituting the offerings;
by Brahman is the oblation poured into the fire of Brahman;
Brahman verily shall be reached by
him who always sees Brahman in all actions.

Verse 4.25

daivam evapare yajnam
yoginah paryupasate
brahmagnav apare yajnam
yajnenaivopajuhvati



V4.25

Some yogis perform sacrifice to the deities;
while others offer ‘sacrifices’ by the way of a sacrifice in
the fire of Brahman alone
(the sacrifice of the self into the Higher Self).

Verse 4.26

srotradinindriyany anye
samyamagnisu juhvati
sabdadin visayan anya
indriyagnisu juhvati



V4.26

Some again, offer hearing and other senses
as a sacrifice into the fires-of-restraint;
others offer sound and other sense objects
as sacrifice into the fires of the senses.

Verse 4.27

sarvanindriya-karmani
prana-karmani capare
atma-samyama-yogagnau
juhvati jnana-dipite



V4.27

Others, again, sacrifice all the functions of the senses
and the functions of the breath (vital energy)
in the fire of the Yoga of self-restraint,
kindled by Knowledge.

Verse 4.28

dravya-yajnas tapo-yajna
yoga-yajnas tathapare
svadhyaya-jnana-yajnas ca
yatayah samsita-vratah



V4.28

Others again offer wealth, austerity
and Yoga as sacrifice,
while ascetics of self-restraint and rigid vows
offer study of scriptures and knowledge as sacrifice.

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Questions & Comments



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Next class 31 August 2023 at 7:30pm



Closing Prarthana

Aum Sarve Bhavantu Sukhina, Sarve Santu Niramaya
Sarve Bhadrani Pashyant, Ma Kashchid Dukha Bhak Bhavet

Asato Ma Sat Gamaya
Tamaso Ma Jyotir Gamaya
Mrityor Ma Amritam Gamaya

Aum Poornam-adah Poornam-idam, Poornat Poornam Udachyate,
Poornasya Poornam-adaya, Poornam-eva Vashisyate.
Aum Shanti Shanti Shantihi